

Work Burnout Series

This 3 week, interactive program led by EAP Coordinator, Cris Zamora, will provide information and techniques to cope with work stress, deal with compassion fatigue and strategies to improve employee-manager relationships.

This virtual program is **FREE** for City of Milwaukee employees and spouses.

Week 1 - Coping with Work Stress

- Learn helpful tools and strategies toward minimizing work burnout

Week 2 - Working with Your Boss

- Learn how to better work with your boss, gain insight into common managerial styles and learn how to best adjust for success

Week 3 - Compassion Fatigue

- Learn the "Big Three" symptoms of compassion fatigue, its stages and risk characteristics

Healthy Rewards: Earn 10 points if you attend 2 of the 3 sessions.

Fall 2021 Dates

Week 1: November 10, 2021

Week 2: November 17, 2021

Week 3: November 24, 2021

Time

12pm to 1pm

Location

GoToWebinar

Register

Week 1—[click here](#) to register

Week 2—[click here](#) to register

Week 3—[click here](#) to register

Participants must register for each week individually.

Contact Cris Zamora at czamora@milwaukee.gov or 414-286-3145 with questions.

Note space is limited.

A *GoToWebinar* link will be send out to registered participants via email for each session date.



Employee Assistance Program



City of Milwaukee EAP

**HEALTHY
REWARDS**
WELLNESS YOUR
CHOICE MILWAUKEE

